

**ABSTRACT**

A method is provided to operate a communications node (2) in a network including a plurality of nodes. The communications node (2) includes a transceiver (6) to transmit and receive messages. The communications node (2) has at least one communications link with a first node of the plurality of nodes. The method includes the steps of: (i) determining path loss information across the at least one communications link by evaluating power data corresponding to a received signal from the first node; (ii) distributing the path loss information to the network; and (iii) routing messages to the network based on path loss information.